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SHOULD THE JAYS BE BLUE ABOUT ROSTER GAPS?

WE TAKE A LOOK AT THE CONTENTIOUS COMPETITION BREWING IN TORONTO OVER FIVE ROLES UP FOR GRABS PAGE 16

Hates violence, likes fantasy hockey

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That's it, Mr. Trudeau, keep the 'jokes' coming: Tories

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Knights look forward to early arrival at 'tough barn'

London club will catch the early bus to Erie, Pa., after two losses there PAGE 15

NEWS WORTH SHARING.

KING OF THE BRITONS?

Well, yes. Victoria Byers of London plays King Arthur in an especially silly take on Monty Python's Spamalot. Story on page 5. MIKE DONACHIE/METRO

Jobs cut as St. Joe's hospital balances budget

$11M. Tough financial challenges for 2014-15

MIKE DONACHIE
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People are losing their jobs at a London hospital as a nearly $11-million cut is made to balance its budget.

St. Joseph's Health Care London made the announcement Tuesday as it faces up to tough funding problems.

It also plans to use more than $8 million from reserves to maintain services. The changes, which affect every department, are part of the operating budget for the 2014-15 fiscal year, which begins April 1.

It means a total of 14 full-time workers are expected to be laid off, with the hospital saying it's working with union leaders to reduce that figure. Layoffs are to take place within six months.

The cuts mean 32 full-time jobs and one part-time position will no longer exist. Some will go due to people leaving and not being replaced. But the creation of various new part-time and full-time jobs means the net decrease in jobs is less than that.

By the numbers

- **$10.95 million:** Amount cut from costs at St. Joseph's Hospital
- **$8.4 million:** Amount taken from hospital's reserve funds to sustain services
- **$413 million:** Hospital's total operating budget
- **14:** Number of people expected to be laid off

"Any changes that impact people are difficult for the entire St. Joseph's community," said president and CEO Dr. Gillian Kernaghan. "At the same time, we must continue to change if we are to address the fiscal constraints, ensure quality and be prepared to meet future needs."

Big changes have been happening in provincial health care funding, but there's one important constant: It's required by Ontario law that hospital budgets must balance every year.

This year it's meant difficult choices, board chair Margaret McLaughlin said, and Kernaghan pointed to changes that have been causing problems — and even a shock.

In October, the final funding allocations came through, Kernaghan said. It was effectively a $1-million cut for the year that was already under way.

And St. Joe's doesn't expect to get that $1 million back in the year to come. In fact, Kernaghan and her staff are already planning for more bad news.

"We're estimating we will receive a further reduction for next year, in addition to having to fund our inflationary costs."

Those costs aren't just inflation. They include increases in utility bills, higher drug costs and pay deals with staff.

Next, there's the problem of the new Southwest Centre for Forensic Mental Health Care, which is currently being built to offer care for people who have complex mental health problems.

It has 89 beds. St. Joe's, however, has funding for 80 beds. It's asking the province to add the money for the extra nine, which are needed to get mentally-ill people out of jail, said the CEO.

Give us more money, Kernaghan is saying to the province.

The London hospital has been meeting a funding shortfall for various mental health services years, but won't do it forever.

Breakthrough reached on city's police budget

London police Chief Brad Duncan was back in the spotlight Tuesday, defending his 2014 budget request in council chambers. MIKE DONACHIE/METRO

It's 2.9 per cent. But police chief reveals that cops won't be laid off

MIKE DONACHIE
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Council finally had a breakthrough Tuesday night in the long and painful process of setting a police budget.

In the sixth meeting in the 2014 budget process, the various parties spoke passionately about services and costs.

The rise was set at 2.9 per cent, short of the 3.3 per cent request. The cops will also get $900,000 from the tax assessment growth fund.

The meeting began with Chief Brad Duncan telling council members that a 2.9 per cent rise would mean 12 jobs would go.

But, after the debate, Duncan told the media: "I can't support a reduction in service levels with this community."

He plans to ask the police board to dip into reserve funds so the 12 threatened cops can stay.

It had been a long and arduous debate. Police board members Michael Deeb and Paul Paolatto passionately defended the budget request, Paolatto saying a cut in services would put lives at risk.

But Mayor Joe Fontana spoke of sending "a message" on budgets by keeping the rise low.

In the end, it was 9-6 in favour of 2.9 per cent, after an alternative of 2.7 per cent failed.

Couns. Judy Bryant, Stephen Orser, Joni Baechler, Matt Brown, Paul Hubert, Denise Brown, Harold Usher, Sandy White and Bill Armstrong supported 2.9, with the mayor and Couns. Joe Swan, Nancy Branscombe, Dale Henderson, Bud Polhill and Paul Van Meerbergen in favour of less.

Encore for concert hall

The arguments about the proposed new concert hall made a comeback as the full council held a meeting Tuesday night.

- There was a long debate, with some councillors again opposing the idea of a tax hike to pay for the new Celebration Centre.
- Council voted to remove a reference to a tax hike as it approved a business plan process to take the project forward, but can make any changes it wants later.

22 cities but London ain't one. Fontana to miss meeting of mayoral minds to focus on city budget

The mayors of big cities from across Canada are to meet in Ottawa this week, but London's mayor won't be among them.

Joe Fontana has confirmed he won't attend the Big City Mayors' Caucus, due to take place Wednesday.

Instead, said Fontana, he's focused on the ongoing city budget process.

The caucus involves the heads of 22 Canadian cities and meets two to three times per year. MIKE DONACHIE/METRO

T.O.'s Ford to go

This time, in a break with his past practice, embattled Toronto mayor Rob Ford has said he will attend the event, claiming he will bring back money for transit and infrastructure projects.

Beacock library

Event to focus on local black history

A community group is offering a free discussion about the role London's black community has played in shaping the city.

Organized by the Northeast Community Connections Group, Blacks in History runs from 6:30 to 8:30 p.m. Wednesday at the Beacock library (1280 Huron St.).

Topics up for discussion will include black pioneers, inspirational leaders, growing up black in today's London and preserving remaining pieces of the Underground Railroad.

Admission is free. METRO

Minor injuries

Truck driver charged after Ingersoll crash

A Brampton man is facing charges after a Monday crash that closed Highway 401 outside Ingersoll.

Amrinder Singh Hayer, 32, is charged with careless driving in the crash that closed the highway between Putnam Road and Culloden Line for several hours, police said.

The crash happened about 8 a.m. when the tractor-trailer Hayer was driving jackknifed, hitting the centre median and sending debris flying across the highway. METRO

The Arts Project

Fundraising auction? That's Artrageous!

Artrageous will make its 11th annual debut at The Arts Project on Thursday.

The event will see art created by more than 35 people auctioned as a fundraiser for Arts Project programs and educational initiatives. Many of the people behind the art are new to the creative world, coming from professional backgrounds including law, farming and non-profit administration.

The auction starts at 7 p.m. at The Arts Project (203 Dundas St.). METRO

Distracted driving. Fine to increase dramatically, but no demerit points yet

An Ontario court has hiked the set fine for motorists caught driving while using a cellphone or other prohibited device.

Chief Justice Annemarie Bonkalo of the Ontario Court of Justice has signed an order increasing the set fine to $225 from $125 starting March 18.

However, drivers who fight the ticket by going to court can face fines of up to $500 under the law.

Transportation Minister Glen Murray welcomed the move, saying it could help deter drivers from using their cellphones. But he wouldn't say if the government will consider using demerit points as a penalty for distracted drivers.

Police started issuing tickets in 2010, which drivers could settle out of court by paying a fine of $125 plus $30 in surcharges.

When the set fine rises to $225, the surcharges will also increase to $55.

But drivers who receive a summons or contest their ticket face larger fines.

Those who endanger others because of any distraction could also be charged with careless driving and receive six demerit points and fines up to $2,000. There are other penalties, including six months in jail, licence suspension for up to two years and criminal charges.

Drivers are allowed to use hands-free devices and can use a cellphone to call 911 in an emergency or if they've pulled off the road or lawfully parked.

THE CANADIAN PRESS

New fine

$280

The cost of distracted driving tickets, including surcharges, after March 18

Local employment

Survey shows positive trend on the hiring front

Many local employers will be hiring in the next year, a new survey shows.

Nearly half of the hiring will come as a result of expansion or restructuring, according to the Employer One survey. Filling spots left empty by retirement will account for about 20 per cent of planned hiring.

Production and service workers were the largest number of planned new hires, followed by professionals.

The survey, done by the Elgin Middlesex Oxford Workforce Planning and Development Board, took the pulse of more than 150 area businesses.

Along with examining hiring trends, the survey also looked at barriers employers face when hiring and their awareness about training programs.

Survey respondents identified a wide range of positions they have difficulty filling, including early childhood educators, registered nurses, truck drivers, tourism-related positions and occupations in health care. METRO

Jennifer Baxter of the Children's Health Foundation accepts a batch of stacking blocks made by residents of the Dearness Home in south London. MIKE DONACHIE/METRO

Gift from the heart for young patients

Part-time toy makers. Long-term care residents — some blind — polish off student creations

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Sick kids in London hospitals might find life a little bit easier in the future, thanks to Dearness Home residents and Fanshawe College students.

Working in small groups, the men of the home's Fix It Shop have been making toys an hour at a time, to the best of their abilities.

It's been slow due to the medical challenges faced by some residents, but Tuesday saw their work come to fruition as the stacking blocks were presented to the Children's Health Foundation.

"These blocks will be for the kids at the children's hospital," said the foundation's Jennifer Baxter. "They will play with them in the playrooms as well as their rooms.

"These are perfect to go into an isolation room because they can be easily disinfected and moved on."

The design and manufacturing stages were handled at Fanshawe by business and tech students, said the college's Rob Geoghegan-Morphet.

Cheryl Gilmour of the Dearness Home explained that residents — some of them blind — sanded, assembled and painted the stacking blocks.

The goal

"We hope they have a lot of fun and enjoy it."

Dearness Home resident Art Saker sends good wishes — and toys — to kids in hospital

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Western students' charity effort gears up for annual Tanzania trip

MedOutreach. Charity effort fundraising to send a team of students to help with basic health care and promote education

MIKE DONACHIE
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Supporters on and off Western University's campus are rallying around a special charity effort.

Every year, Western sends a team of medical, dental and nursing students to Tanzania to help people in need, and this year's effort is well under way.

Quoted

"I wanted to make a valuable contribution in the summer and also get experience in the field."
Christine Peterson, nursing student

But MedOutreach is different from many charitable organizations because it's led by the students themselves.

"We do it with the support of faculty members and Western as a bit of a backbone," said team member Christine Petersen. "But I like it because it's a totally student-run organization."

A team of eight is scheduled to head to the African country on June 16, she explained. They are three nursing students, two medical students and three dentistry students.

In Tanzania, they will work with health professionals and promote education, thanks to a long-established link the Western group uses every year. Their work will include helping with HIV screenings.

Petersen, a nursing student, became involved after she heard a member of last year's team speaking about the important work that's been accomplished.

"I wanted to make a valuable contribution in the summer and also get experience in the field," she said.

She added: "I really like MedOutreach because you learn a lot of teamwork and a lot of leadership skills working with other students. It's an environment where you have to work together. It makes a difference."

Big target

After a series of events and donations, the Western students are halfway towards their $60,000 fundraising target for this year's MedOutreach venture.

- It includes their travel and accommodation costs, but also 400 kilograms of medical and dental supplies, 50 home care packages for people living with HIV and AIDS, and scholarships for 20 Tanzanian students.
- They're planning more fundraisers, including a raffle. Visit medoutreach.ca for more information.

Student Christine Petersen is part of the team heading to Africa. MIKE DONACHIE/METRO

Artist's encounter with students inspires showcase at Aeolian Hall

This piece, titled Gemini, was created by Beal art student Nicola Chaddick and is one of 40 that will be on display during a show at Aeolian Hall. CONTRIBUTED

About five years ago, a group of Beal art students found their way into woodcarver Mary-Ann Jack-Bleach's studio.

They were there as part of a tour aimed at giving people a firsthand look at how and where London artists practise their crafts.

But on that day Jack-Bleach learned as much as she taught.

"I was so impressed with so many of the students," the artist recalled. "When the studio tour ended, about five or six of them stayed, and we chatted for hours. I've always had them in the back of my mind."

Now, Jack-Bleach is preparing to show the rest of London what she discovered so many years ago, organizing a public show featuring art created in Beal secondary school classrooms.

The show starts Sunday and continues through March 16 at Aeolian Hall, where Jack-Bleach serves as volunteer art curator.

The 40 pieces submitted for the Beal show cover a variety of mediums, ranging from photography to ink drawings to paintings. And the quality of the work is nothing to sneeze at, Jack-Bleach said.

"They work at such a high level," she said about the students. "There are quite a few pieces that I would like to purchase."

Some of the work will be for sale, with 30 per cent of the proceeds going to the non-profit association that supports Aeolian Hall.

"These are our future artists, and we need to really encourage them," Jack-Bleach said. ANGELA MULLINS/METRO

Details

The opening reception for the Beal Student Art Show at Aeolian Hall (795 Dundas St.) is 1 p.m. to 4 p.m. Sunday. Students will be at hand to talk about their work.

- Call 519-672-7950 for details.

Minimum wage. Ontario NDP prop Liberals, but call for $12 an hour by 2016

Almost a month after the minority Liberals unveiled a plan to hike the hourly rate to $11, NDP Leader Andrea Horwath said Tuesday her party would also like to see the wage raised from $10.25 to $11. But while the Liberals would like to see future increases pegged to inflation, Horwath differed slightly, urging the wage go to $11.50 an hour on June 1, 2015, and $12 an hour one year later.

"We know that the minimum wage needs to increase. We want to make sure that those increases don't come at too sharp or steep of a rate so that small businesses will be negatively impacted," said Horwath.

Even though the New Democrats had campaigned on an $11-an-hour minimum wage in the 2011 election, the party has been strangely silent on the matter since Premier Kathleen Wynne pledged the same rate on Jan. 29.

As she moves the NDP closer to the Liberals on policy matters, Horwath also took the opportunity to tone down the election rhetoric that has seized Queen's Park since MPPs returned from the winter break last week. The NDP leader said her party would keep Wynne's minority Grits alive in procedural supply motions that are votes of confidence in the government.

Andrea Horwath THE CANADIAN PRESS

"New Democrats are not Republican Americans," she said, referring to right-wing lawmakers stateside who routinely take Washington to the brink over money-supply legislation.

"We are certainly not going to throw the government of this province into chaos." TORSTAR NEWS SERVICE

"I like ball hockey, fantasy hockey, soccer and giving back to the community," alleged terrorism conspirator Khurram Sher testified Tuesday at his trial. THE CANADIAN PRESS

'I abhor violence'

Ottawa. Khurram Sher speaks in his own defence at terror trial

DENIS ARMSTRONG
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Was Khurram Sher in league with terrorists here in Canada, or was he simply an enthusiastic member of a fantasy hockey league?

Sher took the stand Tuesday as his trial continued in Ottawa. Under questioning from defence lawyer Michael Edelson, the alleged terrorism conspirator explained that emails sent to friends from 2008 to 2010 were about fantasy hockey and ball-hockey tournaments in Montreal and Toronto.

"I abhor violence," said Sher. "I like ball hockey, fantasy hockey, soccer and giving back to the community."

Wearing a grey suit, the soft-spoken Sher said that he was so knowledgable about a fantasy hockey league that friends back home in Brossard, Que., would ask him for advice on which NHL players to trade.

A native of Brossard, Sher attended McGill University's medical school and in 2005 he found a residency in St. Thomas, outside London, where he, a devout Muslim, and his wife by arranged marriage bought a house.

Sher said his wife had bipolar disorder and at one stage she started wearing a niqab until he asked her to stop.

"People might see you and think we are terrorists," he told the court.

The couple divorced in 2010 and have three children, aged seven, five and four.

In 2005, after an earthquake devastated parts of northern Pakistan, Sher and three Muslim friends volunteered to provide medical assistance at field hospitals and women's shelters, the court heard. In addition, he was generous with his money, donating more than $10,000 to charities in 2010 alone, he testified.

Sher volunteered to do a second medical rotation, this time in Jerusalem and Karachi in 2008. Edelson asked about journal entries Sher made regarding money owed to him while overseas.

"In case anything happened to me. It can be pretty dangerous there," Sher told the courtroom. "My worst-case scenario was the risk of being killed or illegally detained like the Canadian journalist in Egypt."

Sher has pleaded not guilty to conspiring with two others to facilitate a terrorist activity.

The trial will continue all week.

Musical. Spamalot kids will knock 'em dead a lot

Verily and forsooth, this is an unusual undertaking for the students at Central Secondary School.

They've grabbed their coconuts and clip-clopped onto the stage for their production of Spamalot, the musical inspired by the movie Monty Python and the Holy Grail, with extra silliness.

It's on in the school auditorium at 7 p.m. each night until Friday, with tickets available at the door or from the Grand Theatre box office.

The show is "a great romp," said Laura Morland, the school's head of dramatic arts.

"It is a show that is both silly and intelligent in its comedy and memorable in its music," she said. "It will have audience members singing on their drive home after the show."

The cast of 32 students is supported by a 20-strong student crew that's been working on Spamalot since September. MIKE DONACHIE/METRO

Health. Effort targets illness from food, water

The Middlesex-London Health Unit has been tapped to play a key role in a federal effort to learn more about food- and water-borne illnesses.

Pending local board approval of a three-year agreement, the health unit will become part of the Public Health Agency of Canada's FoodNet Canada program — a national surveillance effort aimed at, ultimately, stopping the spread of nasty things like E. coli and salmonella.

Through the program, the federal health agency would pump funding into the local unit for in-depth interviews with people who have become ill from food or water and would pay for testing of products pulled from local store shelves.

Results would be shared with a network of other participating sites across the country to gain a better understanding of what's needed to combat illness. METRO

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Liberal Leader Justin Trudeau has apologized after facing heat for comments that lightheartedly linked the conflict in Ukraine with the Russian Olympic hockey defeat. SEAN KILPATRICK/THE CANADIAN PRESS

Trudeau says sorry for joke about Ukraine

No laughing matter. Liberal leader apologizes for remark about Russian invasion as opponents look to capitalize on the gaffe

Justin Trudeau was back on Parliament Hill Tuesday to face the music for his joke about Ukraine, as the Conservatives and NDP pondered once again how to make the Liberal leader's latest gaffe stick.

Trudeau told the media he waited until Tuesday to apologize because he "wanted to make sure that I had the chance to express directly to leaders in the Ukrainian community … how seriously the Liberal party takes the situation in Ukraine."

He added that his joke during a pre-taped appearance on a Radio-Canada current affairs program "made light of some very real fears and concerns that Ukrainians have about Russian intervention."

Trudeau apologized earlier in the day to the Ukrainian ambassador to Canada after making a quick visit to the embassy. Vadym Prystaiko, who had called for the apology a day earlier, praised Trudeau for being the first Canadian politician to sign a book of condolences.

Trudeau also took to Twitter to say he'd made amends with Paul Grod, head of the Ukrainian Canadian Congress.

In his interview last Thursday with Tout le Monde en Parle, Trudeau suggested Russia, peeved about being eliminated from the medal round in Olympic hockey, might vent its spleen by getting involved in Ukraine.

"It is even more worrisome now," Trudeau said in the interview, broadcast Sunday night. "Especially since Russia lost in hockey, they will be in a bad mood. We are afraid of a Russian intervention in Ukraine."

"Only because of hockey?" the show's host, Guy A. Lepage, asked Trudeau as other panellists chuckled.

"No," Trudeau replied. "It is an attempt to bring a light view of a situation that is extremely serious and extremely troubling."

In the aftermath of Trudeau's comments, both the Conservatives and NDP pounced in an effort to inflict some damage. Trudeau is consistently ahead in public-opinion polls and wrapped up a successful policy convention in Montreal over the weekend.

THE CANADIAN PRESS

A gaffe-ing matter

In the last year, Trudeau's political foes have taken aim at his remarks on China, his joke about used-car salesmen, his comments following the Boston marathon bombings and now on Ukraine.

- Tory insiders say it's just a matter of time before Trudeau's verbal missteps start to hurt him, and the Conservative strategy is to simply bide their time until he does himself in.
- And yet, Trudeau is still comfortably atop the polls.

Political acrobatics

"There is a high-wire act element with Justin Trudeau, to be sure, but so far he's managing to pull it off. He seems to have pretty good instincts, and there's smart people around him keeping him on track."

Richard Johnston, public-opinion expert at the University of British Columbia.

Parliament watchdogs say Tory bill will enable dirty politics

Parliament's key watchdog agencies say a Conservative bill aimed at exposing potential partisanship in their offices raises problems of basic fairness and could actually hamper their own investigations.

Tory MP Mark Adler's private member's bill would allow any MP or senator to accuse an employee of an office of partisan conduct and demand an investigation.

It also proposes to force employees of those agencies to make a public declaration of their political activities going back a decade.

Here's mud in your eye

Issue was taken with the fact that the bill has no definition of "partisan conduct."

- "Under this (bill), nobody has to even think up reasonable grounds; they can just fling mud," said Ethics Commissioner Mary Dawson.

That's not sitting well with eight officers and agents of Parliament, who wrote to the Commons ethics committee to register their concerns. Three appeared before MPs at a hearing Tuesday.

Ethics Commissioner Mary Dawson, Chief Electoral Officer Mark Mayrand and Auditor General Michael Ferguson all questioned the necessity of the bill when other statutes and codes already require the non-partisanship of their employees.

THE CANADIAN PRESS

Misuse of public funds?

N.L. to spend $60K to clean up image of seal industry

Newfoundland and Labrador is funding an awareness campaign aimed at seal industry "misconceptions" ahead of a World Trade Organization appeal.

Fisheries Minister Keith Hutchings said Tuesday the province will give $60,000 to the Seals and Sealing Network, an industry group that's leading the campaign.

Animal-rights groups say this is a misuse of public funds. THE CANADIAN PRESS

Toronto. Ford opens up to American TV host, shuts down local journalists

The mayor of Toronto was happy to discuss drinking and drugs with the host of a U.S. morning show on Tuesday but bristled when asked questions on the same issues by journalists in his own city.

"I don't use illegal drugs. I experimented with them, like probably a year ago, but I don't use drugs," Rob Ford told Today show host Matt Lauer. "Things are going fantastic, Matt."

Ford took a combative stance when asked by Toronto reporters to clarify his comments.

Not quite perfect

"Maybe you're perfect, but I'm not. We're moving on in a positive direction."

Toronto Mayor Rob Ford, to Matt Lauer

"Don't be jealous if I do an interview with an American station," he told journalists while leaving a news conference where he refused to answer questions on drug use.

THE CANADIAN PRESS

Uganda. Newspaper publishes list of the country's '200 top' gays

A Ugandan newspaper published a list Tuesday of what it called the country's "200 top" gays, outing some Ugandans and raising fears of violence against those named just a day after the president enacted a severe anti-gay law.

Many on the list "are scared and they need help," said Pepe Julian Onziema, a prominent Ugandan gay activist who was named in the Red Pepper tabloid. "Some want to leave the country and they are asking to be helped."

Meanwhile, U.S. Secretary of State John Kerry said Monday's signing of the bill by President Yoweri Museveni marked "a tragic day for Uganda and for all who care about the cause of human rights."

He warned that Washington could cut aid to the East African nation over the new law, which punishes gay sex with up to life in prison. THE ASSOCIATED PRESS

A Ugandan reads a copy of the Red Pepper tabloid newspaper in Kampala, Uganda on Tuesday. STEPHEN WANDERA/THE ASSOCIATED PRESS

Students targeted. Islamic militants launch attack on Nigerian school

Islamic militants set fire to a locked dormitory at a school in northern Nigeria, then shot and slit the throats of students who tried to escape through windows during a pre-dawn attack Tuesday. At least 58 students were killed, including many who were burned alive.

They "slaughtered them like sheep" with machetes, and gunned down those who ran away, said one teacher, Adamu Garba.

Soldiers guarding a checkpoint near the coed government school were mysteriously withdrawn hours before it was targeted by the militants, said the spokesman for the governor of northeastern Yobe state.

Female students were spared in the attack, said the spokesman, Abdullahi Bego, though girls and women have been abducted in the past by militants of the Boko Haram movement, whose name means "Western education is forbidden."

This time, the insurgents went to the female dormitories and told the young women to go home, get married and abandon the Western education they said is anathema to Islam, Bego said. All of the dead were teenage boys or young men. THE ASSOCIATED PRESS

Eye for an eye

U.S. expels three Venezuelan diplomats

The United States has expelled three Venezuelan diplomats in response to similar action against three U.S. consular officials in Caracas. Venezuelan envoys Ignacio Luis Cajal Avalos, Victor Manuel Pisani Azpurua and Marcos Jose Garcia Figueredo, were given 48 hours to leave the U.S. THE ASSOCIATED PRESS

Amid strikes

Egypt names a new premier

Egypt's interim president chose the outgoing housing minister, a construction magnate from the era of ousted autocrat Hosni Mubarak, as his new prime minister on Tuesday. The switch appeared orchestrated to give military chief and likely presidential candidate Abdel-Fattah el-Sissi a window for a quieter street after a spike in labour strikes. THE ASSOCIATED PRESS

Thai protester raises fists against government

An anti-government protester raises her clenched fists as she listens to a speech by anti-government protest leader Suthep Thaugsuban in Bangkok, Thailand on Tuesday. The protesters, mostly representing the urban elite and those in the south, are pressing for the resignation of Prime Minister Yingluck Shinawatra. SAKCHAI LALIT/THE ASSOCIATED PRESS

Tensions soar in Crimea against Kyiv 'bandits'

'Russia, save us!' Protesters in the pro-Russian region of Crimea aren't ready for the change in Ukraine's government

Dozens of pro-Russian protesters rallied Tuesday in the Ukrainian peninsula of Crimea against "the bandits" in Kyiv who are trying to form a new government — with some even speaking of secession. A lawmaker from Russia stoked their passions further by promising them that Russia will protect them.

As a Russian flag flew Tuesday in front of the city council building in Sevastopol — a key Crimean port where Russia's Black Sea Fleet is based — an armoured Russian personnel carrier and two trucks full of troops made a rare appearance on the streets of the city.

The Crimean Peninsula — a pro-Russian region about the size of Massachusetts or Belgium — is a tinder pot in the making.

Protesters had torn down the Ukrainian flag a day ago, pleading with Moscow to protect them from the new authorities in Ukraine who have forced President Viktor Yanukovych to flee Kyiv, the capital, and go into hiding.

"Bandits have come to power," said Vyacheslav Tokarev, a 39-year-old construction worker in Sevastopol. "I'm ready to take arms to fight the fascists who have seized power in Kyiv."

Yanukovych's whereabouts are unknown but he was last reportedly seen in Crimea. Law enforcement agencies have issued an arrest warrant for Yanukovych over the killing of 82 people, mainly protesters, last week in the bloodiest violence in Ukraine's post-Soviet history.

Chanting "Russia, save us!" the protesters gathered for a third day before administrative buildings in Sevastopol and in other Crimean cities. The protests Sunday numbered in the thousands.

Ukraine's new authorities are clearly concerned about the tensions in Crimea. The country's interim leader, Oleksandr Turchinov, met with top security officials Tuesday to discuss the situation there. THE ASSOCIATED PRESS

Quoted

"Bandits have come to power. I'm ready to take arms to fight the fascists who have seized power in Kyiv." Vyacheslav Tokarev, a 39-year-old construction worker in Sevastopol

Lending support

Baird set to travel to Kyiv

Foreign Affairs Minister John Baird is going to Ukraine to get a first-hand look at the situation in the troubled country. Prime Minister Stephen Harper says Baird and a delegation of Ukrainian-Canadian leaders and parliamentarians will travel to Kyiv, the capital and the epicentre of the political unrest that has rocked Ukraine for months. Harper says Baird will offer Canada's support for efforts to restore democracy in Ukraine. News of the trip comes as Russia's ambassador to Canada says talk about the possibility of Russian troops invading Ukraine is nonsense. THE CANADIAN PRESS

Central African Republic orphans' long walk to safety

Christian-Muslim. Sectarian violence rages, breaking up families, making orphans of young children

Ibrahim Adamou's parents had just been killed in front of him. He wasn't sure whether any of his five siblings had survived the attack by Christian militiamen who opened fire on his family of herders as they journeyed on foot.

The seven-year-old just knew he had to keep running.

Covering 100 kilometres barefoot and alone, he slept under the thick cover of banana trees at night and followed the red rutted paths by day, not entirely sure where he was going, with nothing to eat.

Finally he encountered peacekeepers who gave him some cookies and pointed the way to Carnot, where a Catholic church was sheltering 800 Muslims, including many ethnic Peuls like Ibrahim. With the help of a Christian man on a motorcycle who risked his life by giving the boy a lift, Ibrahim arrived at the church early Monday.

"When we got to a checkpoint, the militia fighters told the man, 'Leave the boy here and we will kill him,'" Ibrahim recounted softly. "But the man said, 'If you are going to kill him, you must kill me too' and then they let us pass."

What is even more remarkable about Ibrahim's story is that there are at least six other children under the age of 10 with a nearly identical story in Carnot. As violence rages against Muslims deep in the bush here in the country's southwest, children appear to be in many cases the only survivors. The Peul are a nomadic community of herders who span West and Central Africa. They often travel great distances on foot — a habit that probably enabled these children to make the journey alone. Many, like Ibrahim's family, came under attack as they were fleeing west from violence. THE ASSOCIATED PRESS

Hiding, walking, hungry

When one orphan heard motorcycles on the road, he would hide in the woods. When the roads were empty, he just kept walking, asking anyone he could where he could find the peacekeepers who were guarding Muslims.

- An elder shaved the heads of the orphans to indicate they are in mourning for their parents.

Christian militiamen opened fire on Ibrahim Adamoud as he journeyed on foot with a group of herders. His parents had already been killed. He wasn't sure if his siblings survived the attack. KRISTA LARSON/THE ASSOCIATED PRESS

Yanitse Garcia and her daughter Olivia. FRANKLIN REYES/THE ASSOCIATED PRESS

Name game's changing in Cuba

When Yanitse Garcia's first-born came into the world, Garcia decided to save her daughter a lifetime of grief by choosing a simple name.

"What I liked about Olivia is precisely that it wouldn't be a bother for her," said Garcia.

Garcia is part of Cuba's so-called Generation Y, the thousands upon thousands of islanders born during the Cold War whose parents turned tradition on its ear by giving them invented monikers inspired by Russian names like Yevgeny, Yuri or Yulia. The phenomenon was so prevalent that dissident writer Yoani Sanchez chose "Generation Y" as the title of her well-known blog; her counterpart on the cyber-ideological battlefield is a pro-government blogger and tweeter who uses the handle Yohandry Fontana.

More than two decades after the fall of the Iron Curtain, Cubans are increasingly returning to more traditional handles for their kids, saying they believe it will better suit them personally and professionally when they grow up. Decades ago many Cuban parents named their kids after other family members or honoured the Roman Catholic saint associated with a child's birth date.

While there's no public data available, experts have noted a trend away from Y-based and other eccentric names in recent years. THE ASSOCIATED PRESS

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Umbrella Girl

Top Banksy work of art nearly stolen, cops say

Neighbours foiled what police say was an attempt to steal a chunk of a cinderblock wall bearing a painting by the elusive British graffiti artist Banksy.

Investigators say the building owner called Friday afternoon, saying someone was attempting to cut out the painting that was created after Hurricane Katrina.

A neighbour says he asked a man working there for proof he had a permit to take down the painting. By late afternoon, the man had left. The painting is known locally as the Umbrella Girl or the Rain Girl. THE ASSOCIATED PRESS

Attempt foiled to steal this piece of wall art in New Orleans by the elusive artist Banksy. CONTRIBUTED

1965 VW Beetle

Stolen bug found after 40 years

A man whose 1965 Volkswagen Beetle was stolen nearly 40 years ago and recently recovered in Detroit says he never stopped grieving for the red convertible that he had running "slick as a ribbon" before it was stolen. Joe MacDonald of Knoxville said he used to buy Beetles to fix. The car, now white, was found when border agents checked paperwork as it was being shipped overseas. THE ASSOCIATED PRESS

Franny Beecher

Rock 'n' roll great dies at 92, rocked until 90

Franny Beecher, lead guitarist for Bill Haley and the Comets, which helped kick off the rock 'n' roll era with the hit Rock Around the Clock in 1955, has died. He was 92. Beecher died in his sleep Monday night at a nursing home near Philadelphia, his daughter said Tuesday. He started playing guitar before crowds when he was 17 and continued until 90. THE ASSOCIATED PRESS

Bitcoin traders brought to knees

Tokyo. Following news of Mt. Gox vanishing, the cybercurrency fell below $500 US, from a high of $1,200 US

Bitcoin trader Kolin Burgess, right, of London and American Aaron (only his first name was given) hold protest signs as they conduct a sit-in in front of the office tower housing Mt. Gox in Tokyo Tuesday. KAORI HITOMI/THE ASSOCIATED PRESS

One of the world's largest bitcoin exchanges has seemingly disappeared, delivering a severe blow to the virtual currency as it struggles to gain legitimacy.

A coalition of virtual currency companies said Tuesday that Tokyo-based Mt. Gox went under after secretly racking up catastrophic losses.

Mt. Gox's website was returning a blank page Tuesday. The disappearance of the site follows the resignation Sunday of Mt. Gox CEO Mark Karpeles from the board of the Bitcoin Foundation, a group seeking legitimacy for the exotic new form of money. The exchange had imposed a ban on withdrawals earlier this month.

A coalition of virtual currency companies and prominent supporters of bitcoin sought to shore up confidence in the currency by saying in a statement Mt. Gox's collapse was an isolated case of mismanagement. They said it had abused users' trust, but did not offer details.

"As with any new industry, there are certain bad actors that need to be weeded out, and that is what we are seeing today," the statement said.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.20¢ (-0.16¢)

TSX
14,188.98 (-38.10)

OIL
$101.83 US (-$0.99)

GOLD
$1,342.70 US (+ $4.70)

Natural gas: $4.67 US (-$0.05)
Dow Jones: 16,179.66 (-27.48)

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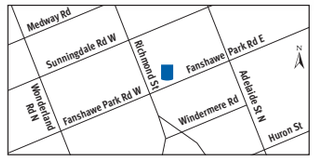

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21821-C (03/2013)

LET IT BE OR MAKE IT BETTER?

JUST SAYIN'

Paul Sullivan
metronews.ca

Thanks to sites like BuzzFeed, this is the Golden Age of Wasting Time.

And one of the best ways to waste time, wherever you are, whatever you're supposed to be doing, is the Identity Quiz.

You know? If you were a sandwich, what kind of sandwich would you be? Turns out I'm a ham sandwich, but you knew that.

As you launch your identity quest, be warned there are millions of these things. There are even millions of What Kind of Sandwich Am I? quizzes.

So we need a hook, and what better than this: It is the 50th anniversary of the English Invasion this month, starting with the night the Beatles appeared on the Ed Sullivan show and launched a rock revolution.

Of course, to celebrate the Fab Four moment, there's a quiz on BuzzFeed which allows you to find out which Beatle you are: the Popular (if a little square) Paul, the Genius John, the Spiritual George, and the Affable (if a little goofy) Ringo.

Like all great time wasters, the quiz is fun to do. You start by choosing your favourite psychedelic pattern, and go from there.

The quiz wants to know if you'd rather sing "oo-bla-di-bla-da" or "beep beep yeah!"

It wants to know if you think you should take a sad song and make it better. Or let it be.

The quiz asks you to choose your fave from a gallery of foxy '60s ladies (the Beatles and the boys of BuzzFeed are pre-feminist, apparently).

Finally it asks how you're feeling about love right now: All you need is love? Or can't buy me love?

By now you've figured out that this quiz (except for the foxy ladies) is based on Beatles' lyrics.

So it helps, if like me, you've spent a lifetime trying to get Yellow Submarine out of your head.

But as the Beatles have sold more records, had more No. 1 hits, and have been covered by more artists than any group in history, it's a safe bet you know John, Paul, George and Ringo maybe better than you know yourself.

So now that you've rushed to BuzzFeed to take the quiz, welcome back. Who are you?

If you're me, you're a late-'60s version of John Lennon, which is not what I expected but it's better than being an '80s version of John Lennon.

And I'm kinda relieved I'm not Ringo. Although you'd have to argue that Ringo is certainly the luckiest Beatle. If he hadn't met John or Paul, he'd be driving a bus in Liverpool, like his dad.

And taking the quiz to find out what Beatle he would be: John, Paul, George, or ... Pete?

ZOOM

Still cute with ears cut

SCOTT OLSON/GETTY IMAGES

Puppy love at former bin Laden base

Sgt. Kevin Ingram from Wheeling, West Virginia with the U.S. Army's 4th squadron 2d Cavalry Regiment comforts a puppy that had its ears cut off while visiting an Afghan National Police (ANP) outpost that was once home to Osama bin Laden during a patrol on Tuesday near Kandahar, Afghanistan.

Ears are often removed from puppies to prepare them to become fighting dogs.

Ingram's squadron is responsible for defending Kandahar Airfield against rocket attacks from insurgents. GETTY IMAGES

Also in Afghanistan

- A few years ago, an abandoned puppy was befriended by Navy reservist Mark Feffer, who wanted to adopt her. At the end of his tour he discovered she was lost, but a rescue mission reunited them.
- A British marine found a dog in 2010 with his ears and tail cut off. Once he told his sister the dog would be shot once he left Afghanistan, she set up a campaign to bring the dog to Britain.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Leaving your fate in the hands or the stars — or the astrologers who read the stars — might help you deal with your high school crush, but for real-world relationship woes, financial burdens or career concerns, you're going to need something a little more scientific. And what could be more solid than fortune teller, tarot card and magic eight ball apps.

SUPERBA/FLICKR

The Amazing Fortune Teller 3D:
Ask the gnome's crystal ball (or if you upgrade for $.99 you can ask a Rabbi, Rasta or leprechaun) up to three questions a day. Available for Android and Apple.

Tarot Card Reading:
Pick a card from your past and present to see what your future holds. Choose between life, love, money, health, travel, etc. Available for Android and Apple.

Magic 8-ball:
Just like the real thing, shake your phone to get an answer. But "don't count on it" if you have an iDevice. Only available in the Google Play store.

Twitter

@metropicks asked: Actor/writer/director Harold Ramis has died. What's your favourite Harold Ramis work?

@thechipfactor: "what happened to your Sargent? He got blowed up sir!" Best quote from any Harold Ramis film. He will be missed.

@DerchanskyLegal: definitely remember his work on #SCTV, but can't ignore his brilliance in #Caddyshack and #GroundhogDay

@Chriosania: Ghostbusters...but Stripes is a VERY close second

@starrydays17: the original Ghostbusters movie!

@BulliesFan27: Gotta be Stripes. That's the fact Jack! #RIPHaroldRamis

Follow @metropicks and take part in our daily poll.

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Commando's two worlds collide in starring role as injured soldier

Stage. Canadian leads cast as U.K. phenom about 'military life at its rawest' opens at Princess of Wales

AUSTEN GILLILAND
Metro in Toronto

Cassidy Little is the star and Alice Driver is the producer of The Two Worlds of Charlie F., coming to the Princess of Wales Theatre. TORSTAR NEWS SERVICE

It's a sunny February afternoon, chilly at -12 C, and Cassidy Little is wearing shorts. When a passerby does a double take, Little laughs and points at his prosthetic leg. "Isn't it great?" he says. "Carbon fiber doesn't shiver!"

Little, 32, a British Royal Marine commando, lost the bottom half of his right leg to an IED blast on his second tour in Afghanistan. Now he plays the title role in The Two Worlds of Charlie F., a play that portrays "a soldier's view of service, injury and recovery."

Little's military bearing is belied by his leading-man looks, warm smile and hearty handshake; his voice still carries a lilt from his childhood in Newfoundland. He's happy to talk about Charlie F.

He initially joined the marines as a quick way to win a pub bet over getting fit. But Little quickly took to military life. "My father is a retired brigadier-general, my grandfather came up on the beaches in Normandy," he says. "I've got the military in my blood." It wasn't long before he was in Afghanistan. "Three months after basic training, my boots were in the dust and I had a machine gun in my hands."

After his first tour, he applied to train as a medic. When his medical training was over, he seized the first chance he could to return to Afghanistan.

But then came the IED. "The blast took two friends from me, it took my leg from me, it broke my pelvis in two places," says Little. His recovery required a two-week long medically induced coma and months of rehabilitation. He has more than enough first-hand knowledge to bring to his role.

In fact, The Two Worlds of Charlie F. is based on the real-life experiences of 30 British wounded, injured or sick (WIS) service personnel, some of whom also act in the play. Written by Owen Sheers and directed by Stephen Raine, Charlie F. grew out of a series of theatre workshops at a British military rehab hospital in 2011.

The idea came from executive producer Alice Driver. She was introduced to some WIS soldiers by a friend, a surgeon at a British military hospital. "One of the patients told me, 'When you are wounded, you become incredibly vulnerable. You lose your sense of self, you lose your purpose and you lose your identity. Fundamentally, you lose your voice,'" she says. "This project was about giving them their voice back."

Getting involved with the project was a natural choice for Little, who trained in ballet from an early age and was no stranger to performing.

"I was sitting around trying to get my head on straight," recalls Little, "when a captain came in and said, 'You used to do stand-up comedy, right? There's a writer and a director in the next room, and they want to do a community theatre project.' I wheeled my way in there and I said, 'You got me.' Three months later, I was performing in front of 1,000 people."

The play debuted at the Haymarket Theatre in London in 2012, then had a run at the Edinburgh Fringe Festival, where it won the Amnesty International Freedom of Expression Award.

"It is joyful, it's hopeful, it's funny, it's rude, it's military life at its rawest on stage," says Clark Little, Cassidy's father, who served in the Royal Canadian Air Force. "It's about triumph over adversity, it's about inspiration. But you don't have to be a victim of or a participant in war to benefit from it."

Clark Little has been instrumental in working to bring the production to Canada, and hopes to garner support for a similar program here.

That seems to be an initiative that Cassidy Little would support. He doesn't hesitate to say that his involvement in The Two Worlds of Charlie F. changed his life. "It gave me back myself," he says.

Hoping to get Canadian soldiers telling their stories

"It is joyful, it's hopeful, it's funny, it's rude, it's military life at its rawest on stage.... But you don't have to be a victim of or a participant in war to benefit from it."

Clark Little, Cassidy's father, who served in the Royal Canadian Air Force, has been instrumental in working to bring the production to Canada, and hopes to garner support here for a program similar to the one in the U.K.

Theatre tickets

The Two Worlds of Charlie F. runs Feb. 25 to March 9 at the Princess of Wales Theatre in Toronto. For more information or to buy tickets, call 416-872-1212 or visit mirvish.com.

Beck's new album not just a Morning Phase

Beck Hansen really doesn't believe a musician has the right to complain. It's something of an occupational requirement.

"Nobody wants to hear it," he says. "That's not what we're here for. We're here to play music and have a good time."

So it may come as a surprise to many fans that Hansen suffered a spinal injury that kept him from making music in the usual ways for a significant portion of the last decade. He doesn't talk about it a lot and certainly doesn't want to dwell. He found other ways to create as a producer and songwriter during this period, but he will admit he feels a great sense of release now that he's putting out Morning Phase, just the second album he's completed and released in the last 10 years.

"I was just waiting until I felt like I was able to do what I used to do," the 43-year-old Hansen said. "It was a difficult experience, but in any kind of difficulty there are positives. And I think that's particularly what the record is about: How to come out of some sort of travail and difficulty and find some sense of light again and life continuing. Once you've seen some things that are darker and you know that darkness is there, how do you embrace the other side of life?"

Beck's embracing it with a period of great creativity and will soon return to the studio to record a second album he plans to release later this year. At times while injured he was unable to hold conventional instruments, turning to substitutes, like a hand-held keyboard to write and record. He's returned to live performance over the last few years and feels he's been transformed by the experience in ways he struggles to explain, as much metaphysical as physical.

"There's a point where a kind of pessimistic view can take hold and be a means of survival," Hansen said. "This record in some sense was grappling with that and taking a long hard look at everything and trying to find something redemptive."

He's been left with a newfound sense of patience, he says, and the simple act of putting out an album brings him great joy. THE ASSOCIATED PRESS

Beck KATY WINN/INVISION/THE ASSOCIATED PRESS FILE

Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Jennifer Lawrence is on a hot streak, but everyone keeps spoiling her endings

Jennifer Lawrence just can't win. Last month, the Hunger Games star had Homeland spoiled for her by an over-eager red carpet interviewer before she'd had a chance to see all the episodes.

And now her American Hustle director, David O. Russell, reveals that while they were filming Silver Linings Playbook he gleefully spoiled one of the greatest novels of all time for her. "She's walking around the set all the time reading the Tolstoy novel Anna Karenina, which is like a phone book," he tells the Hollywood Reporter. "I was just impressed that this 20-year-old girl reading Anna Karenina is from Kentucky, likes to eat junk food and watch Real Housewives of Long Island. She's a down-home girl and she's reading this book. I love it."

But he didn't love it enough to let her enjoy the story in peace. "So I go, 'Have you gotten to the part where she throws herself under the train tracks?' And she goes, 'What?'" he remembers. "And she walks away from me sobbing."

Miley Cyrus

Don't choke on your own tongue, Miley — we know how fond you are of it

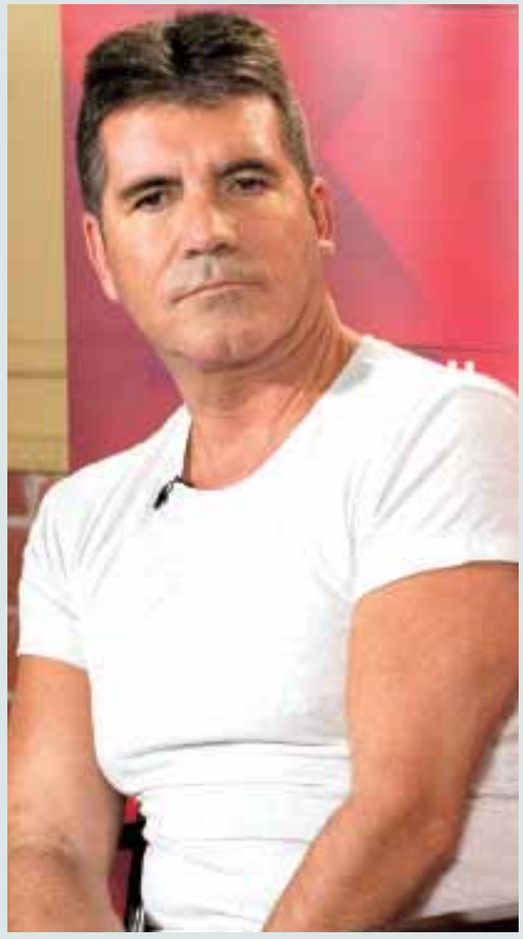
Time to slow down with those Miley Cyrus in Peter Pan rumours, Star magazine. A recent report in the tabloid suggested in an article titled "Just call her Twerker Bell" that the singer was eyeing the role of Tinker Bell in NBC's upcoming live broadcast of the musical, claiming it is her "dream role."

Cyrus took to Twitter to refute the claim, posting a photo of the offending article along with the comment, "I would rather choke on my own tongue." And we all know how fond she is of her tongue.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cowell gets a taste of his own negative medicine

PAT HEALY
Metro World News

Simon Cowell is learning firsthand just how hard it is to parent in the public eye.

After photos surfaced of Cowell holding 10-day-old son Eric on a Miami beach on Monday, mommy bloggers around the world spit out their placenta smoothies to go on the attack over his bad parenting.

"The sun? Simon, babies' skin is like parchment paper this young.... That kid is gonna look 45 when he's a teen," mommy blog The Stir chastised.

In regards to the photos and the fact that Eric flew in a plane (most doctors recommend no air travel until at least three months old because of air pressure concerns), a commentator on another site said, "I know I was told no flying or sun exposure until they were at least six months old. I guess these two are just idiots that ignore what a Dr. tells you."

To be fair, the photos show that Cowell and co. hid out most of the time underneath a shade and Eric did don a cap. As for me, I'm more aghast at poor baby Eric getting a mouthful of Cowell's chest hair than him being on the beach.

Jimmy Kimmel

Late-night host Jimmy Kimmel and wife Molly expecting their first child

Jimmy Fallon may be the late night host with a new show, but Jimmy Kimmel has reason to celebrate too. Kimmel and his wife Molly McNearney are expecting their first child together, his representative Lewis Kay has confirmed.

The TV personality first made the announcement during a taping of The Ellen DeGeneres Show, which will air Wednesday. The 46-year-old Kimmel already has two children, a 20-year-old son and a 22-year-old daughter, from a previous marriage.

THE ASSOCIATED PRESS

Amanda Bynes

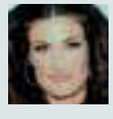
Amanda Bynes gets three years probation after agreeing to plea bargain

Amanda Bynes has settled at least a part of her laundry list of legal troubles. The former Nickelodeon star had her two-year-old DUI charge dismissed after agreeing to a plea bargain for her reckless driving charge stemming from an incident in April 2012 during which she allegedly collided with a police car, according to Radar Online.

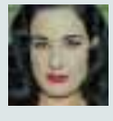
As part of the plea bargain, Bynes received three years of probation and must pay a fine and attend alcohol education classes.

Twitter

@ForestWhitaker
'It is not only for what we do that we are held responsible, but also for what we do not do.' - Moliere



@idinamenzel
I heard myself on kiss fm today. I almost cried. For years I've been trying to get them to play my music.

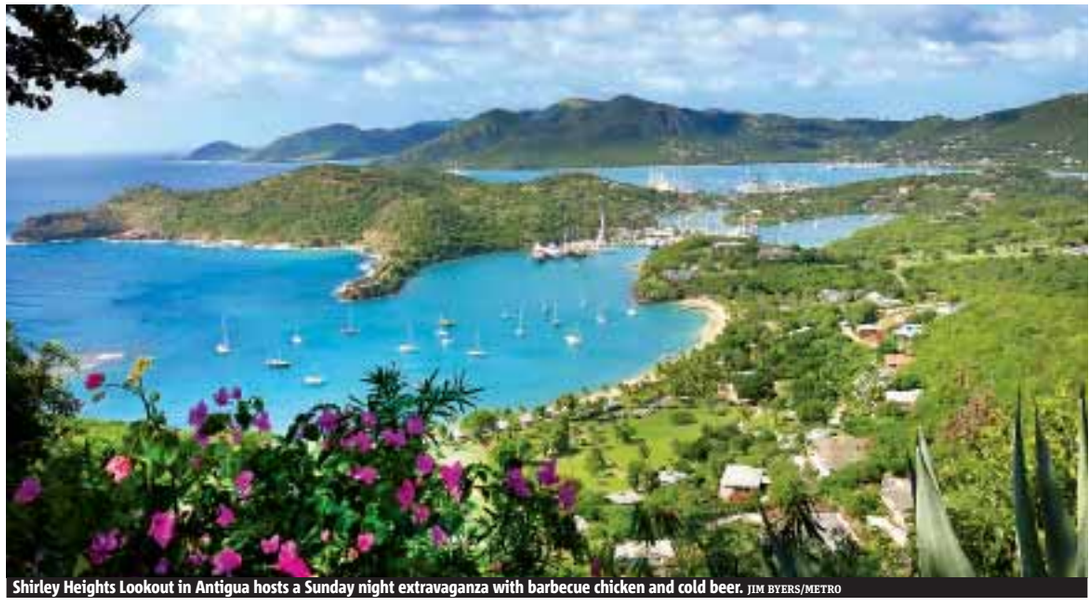


@DitaVonTeese
Wonderful quote I read about Casanova: "He treated women as his equals, yet undressed them as if they were his superiors."

An island of one's own

Caribbean craving? There are plenty of destinations to choose from in the warm southern seas — here's a rundown of some of the best

JIM BYERS
@jimbyerstravel
jimbyerstravel.com



Shirley Heights Lookout in Antigua hosts a Sunday night extravaganza with barbecue chicken and cold beer. JIM BYERS/METRO

It's still high season in the Caribbean. And high time you ventured south for a bit of sun and sand. But where to go? There's a Caribbean island for every kind of traveller, and the choices can be overwhelming. So here's a look at a few personal favourites that might fit your style.

For the swimmer-diver:
There's awesome swimming to be found off the coast of Negril, Jamaica. Down at Rick's Café, you can watch hugely talented local kids do wild, somersaulting dives off rocky cliffs into impossibly blue water. You can't get quite as high as they do, but there are places near the bar where you can do a perfect cannonball — or, more likely, a face plant — yourself. Small boats out of Negril often weigh anchor just offshore, allowing patrons to swim in some of the prettiest water the world has to offer. Alternative: Check out the cool bars and the swim scene at Orient Beach on St. Martin. It's clothing optional. But, like many places, some of the folks who doff their clothes are people who really should stay perched at the bar. In long pants. And a hoodie.

For the snorkel, scuba fan:
The U.S. Virgin Islands doesn't get the same attention from Canadians as some parts of the Caribbean. But there are glorious beaches to be found and wonderful water sports. At Trunk Bay on quiet St. John, which might be the prettiest beach on the planet, you can swim near offshore islands and follow an underwater trail. There's a similar trail near Buck Island, a short boat ride off St. Croix, where you'll also find a glistening white sand beach and hardly any people. Alternative: St. Lucia's Sugar Beach, nestled between the two giant rock pillars known as the Pitons, has one of the finest reefs in the Caribbean.

For the luxury lover:
Sandy Lane on the west coast of Barbados is a stunner. There are free-form pools, private villas, one of the Caribbean's top spas and sumptuous dining on offer. This area also is home to the wonderful Green Monkey golf course. Tiger Woods married Elin Nordegren here, not that that ended so well. Alternative: Amanyara is a quiet spot on a lovely stretch of sand in the Turks and Caicos, far from the crowds of Provo. Fabulous Asian-inspired food.

For the drinker:
What, you thought we forgot about bar hopping? One of the most famous imbibing spots on the planet is at Shirley Heights Lookout in Antigua, where they do a Sunday night extravaganza with plenty of cold beer, barbecue chicken and live music. Great sunsets and parties that last long into the night. It's also a stunning spot during daylight hours, with spectacular views of the island's green hills and perfect blue waters and boats bobbing in the bays below. Possibly the best vista in the Caribbean. Alternative: Sunshine's is a colourful, seaside bar on the west coast of Nevis, part of St. Kitts and Nevis. Try the local cocktail, the Killer Bee, and look for the photo of Wayne Gretzky.

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Citrus, chocolate and cardamom: tasty trio

Orange Cardamom Bran Muffins. Balance the tart-sweet flavours of orange with bittersweet chocolate

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

Makes 12 muffins. EMILY RICHARDS

1. In bowl, whisk flour, bran, baking powder, soda and cardamom; set aside.

2. Cut orange into quarters. Place in food processor bowl and pulse until finely chopped, almost pureed. Scrape down sides and add milk, orange juice, brown sugar, butter, egg and vanilla and puree until combined. Fold in chocolate.

3. Pour orange mix over flour mix and stir until combined. Divide batter among 12 lined or greased muffin cups. Bake in 400 F (200 C) oven 20 minutes or until they're golden brown and firm to the touch.

Ingredients

- 2 cups (500 ml) whole-wheat flour
- 1/2 cup (125 ml) wheat bran
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1 tsp (5 ml) ground cardamom
- 1 navel orange, unpeeled and washed well
- 3/4 cup (175 ml) milk
- 1/2 cup (125 ml) orange juice
- 1/3 cup (75 ml) brown sugar
- 1/4 cup (50 ml) butter, softened
- 1 large egg
- 1 1/2 tsp (7 ml) vanilla
- 1/4 cup (50 ml) chopped bittersweet chocolate, at least 60% cocoa

Cooking tips

- Wrap muffins individually and freeze for up to two weeks. Thaw at room temperature or in the microwave.

Curiosity caught that cat a career

I spy a perfect profession. Do you have what it takes to be a private investigator?

SHAHEERAH KAYANI
TalentEgg.ca

It appears you may just be the perfect fit for this field. ISTOCK

Do you love watching CSI? Have you ever embarked on your own private mission to secretly spy on someone or gather solid evidence to solve a case? Maybe you just love to read mystery novels. If you have a passion for investigating, you could consider making it into a professional career.

Here's an introduction to exactly what private investigators do, the professional courses and licensing required and some programs offered here in Canada that you might just want to check out ... or investigate.

What a PI does

As the name suggests, a PI investigates cases for private clients — either individuals, or corporate firms such as insurance companies. It is very important that the PI abide by the law at all times, which means not obtaining information illegally via means such as trespassing or wiretapping. PIs are very experienced at conducting database searches — they often have access to databases not available to the public — questioning suspects and witnesses, as well as trailing.

Types of cases

As with many other occupations, you can choose to specialize. Based on your interests, here are some types of work that you may wish to specialize in as a PI:

- Fraudulent insurance claims
- Threatening emails or stalkers
- Investigating theft cases or robberies
- Suspicions of infidelity between couples
- Missing persons cases

Salary expectations

According to payscale.com, a Private Detective or Investigator in Canada earns an average wage of $20.40 per hour.

Keep in mind that your income will depend on the difficulty and type of case you are on, who your client is, as well as other factors such as the amount of experience you have or the amount of travel time required for the job.

PIs generally charge their own rates, so income figures may vary.

What you need to do to become a PI

1) Enroll in class
First, you need to enroll in a private investigator training course. The course must be approved by the Ontario Ministry of Community Safety and Correctional Services.

2) Write the licensing exam
After you have successfully completed the private investigator training course, you will then qualify to sit for the Ontario private investigator licence exam using the training completion number that you will have received from your training class. After you have written the exam, it generally takes about five business days to receive your exam results.

3) Apply for your licence
Once you pass the licensing exam, you will be able to apply for your licence. You will be required to complete an application form and provide passport-size photographs to the Ontario Ministry of Community Safety and Correctional Services, which will process your application and issue a licence. Applications are accepted both online and via mail.

These are the plain facts. Are you on the case?

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NBL Canada

Lightning playoff tickets on sale today

London Lightning single-game playoff tickets will go on sale Wednesday at 10 a.m. at the Budweiser Gardens office.

Season ticket holders, who have renewed their tickets for the playoffs will have to wait until Friday to pick them up, also at 10 a.m. at the Gardens.

The Lightning are expected to place third after regular-season play and will open their playoffs in Brampton at the Powerade Centre on Sunday at 2 p.m. Game 2 will be Wednesday at Budweiser Gardens at 7 p.m.

For more ticket information, call 519-433-0634.

METRO

Sochi Olympics

TV ratings down from 2010 Games

The Olympic motto may be "faster, higher, stronger" but it doesn't apply to the Canadian TV ratings for the Sochi Winter Games.

As expected — given the time difference and lack of home-field advantage — TV viewership in Canada was down from four years ago when Vancouver hosted the Winter Games.

Daily average audiences exceeded four million viewers many days during the CTV consortium's Vancouver coverage. CBC had days during these Games where the average TV audience hovered closer to 1.5 million.

THE CANADIAN PRESS

Knights ride bus early to erase Erie feeling

OHL. London club hits road to Pennsylvania ahead of time with hopes of better results against Otters

DAVE LANGFORD
dave.langford@metronews.ca

The London Knights team bus will come to rest in Erie, Pa., about 24 hours earlier than it usually does.

And the players could not be happier.

After a player/coaches conflab, it was determined that the Knights would leave Tuesday, the day before playing their Ontario Hockey League game in Erie on Wednesday night.

This comes after two losses — one in a shootout — in their only two previous trips to Erie this season.

"It's a pretty tough barn to play in, especially when usually it's a long drive," Knights captain Chris Tierney said at practice Tuesday. "So I think it's good for us that we're going down the day before and able to sleep there and not sit on a bus for five or six hours and then go play."

Tierney said the coaches approached him with the idea of going in the day before.

"The coaches asked me, 'Is that what the guys want to do?' They basically left it up to us and I think we've lost twice going down there on the day of, so we wanted to try it," Tierney said.

"(The Erie game) is a good test going into the playoffs to see where we really are at," Knights' captain Chris Tierney said Tuesday at practice. ANGELA MULLINS/METRO

The last trip to Erie was an ugly 7-2 loss on Feb. 8, the only defeat the Knights have suffered in their past 14 games. They are now on a seven-game winning streak and sit only one point behind Erie in fourth place in the tough Western Conference.

Knights assistant coach Dylan Hunter said more OHL teams have been opting for more rest and arriving early for games.

"Get the bus legs out, especially now when the games mean so much," Hunter said. "Last 20 games that you don't have that even in the back of your minds. Want to take that whole factor out. So it's just about hockey."

OHL scoring

Rolling Domi knows his role

Max Domi was taken aback with news he was sitting at No. 6 in league scoring.

"Am I? Cool, I'll take that," said the Phoenix Coyotes first-rounder, who turns 19 Sunday.

Domi has 30 goals and 53 assists for 83 points and sits four points out of third despite serving a four-game suspension earlier this season.

Domi said his success is just part of the overall success of a team that has won 13 of its past 14 games.

"Just kind of goes into what we're doing as a whole team here. Everyone is coming together and finding their role now, whether you're playing as a shutdown role or an offensive role or a power-play guy, penalty-kill guy," Domi said.

"And when you find a role, you're expected to play it. I guess for me, it's just helping the team win and if that's scoring goals, we'll do that."

Carlyle hopes Leafs have s'more in tank

Toronto coach Randy Carlyle is running a "mini training camp" as the Leafs gear up for the stretch run to the playoffs after Sochi. NATHAN DENETTE/THE CANADIAN PRESS FILE

Sixty games into the NHL season, Randy Carlyle and the Toronto Maple Leafs are back to square one.

The Leafs resumed practising last week following their Olympic break. They open the post-break part of the season Thursday night in Uniondale, N.Y., against the Islanders, their first contest since a 3-1 home win over Vancouver on Feb. 8.

With so much time between games, Carlyle has taken the approach in these practices that he did back in September when Toronto opened training camp.

Resting his best

Linemates Phil Kessel and James van Riemsdyk didn't practise Tuesday. The Americans arrived from Sochi Monday and Carlyle will make sure both get sufficient rest.

"We hope it (the break) helps everybody but again, you don't know until you start playing the games," Carlyle said following Tuesday's session. "What we've tried to do is simulate a little bit of a mini training camp here and try to get our players back in top form that we can hit the ice playing the way we left the ice."

Toronto (32-22-6, 70 points), headed into the Sochi Games on a sparkling 11-2-1 run. The Leafs are tied with Montreal for fourth in the Eastern Conference standings, one point behind third-place Tampa Bay and eight behind second-place Boston.

Pittsburgh (40-15-3, 83 points) leads the way.

THE CANADIAN PRESS

4 SPORTS

5 Blue Jays roles up for grabs

Following a relatively quiet off-season, Blue Jays GM Alex Anthopoulos appears content to gamble that with better health, the group of players who won just 74 games a year ago will do better this year. But while the roster is familiar, several jobs remain up for grabs. Here's a look at five of the most contentious competitions.

TORSTAR NEWS SERVICE
Photos by Getty Images

1 Fifth starter

Frontrunner: Drew Hutchison
Contenders: Esmil Rogers, Todd Redmond, Dustin McGowan, Kyle Drabek, Ricky Romero, Marcus Stroman

You can pencil in the first four spots of the Jays' rotation with R.A. Dickey, Brandon Morrow, Mark Buehrle and J.A. Happ, but the last spot remains unclear and could potentially stay that way through most of the season. Anthopoulos has raved about Hutchison, who has missed most of the last two seasons, since watching him perform in the Arizona Fall League.

Drew Hutchison pitched to a 3.32 ERA in 21.2 innings recently in the Arizona Fall League.

2 Fourth outfielder

Frontrunner: Moises Sierra
Contenders: Anthony Gose, Kevin Pillar

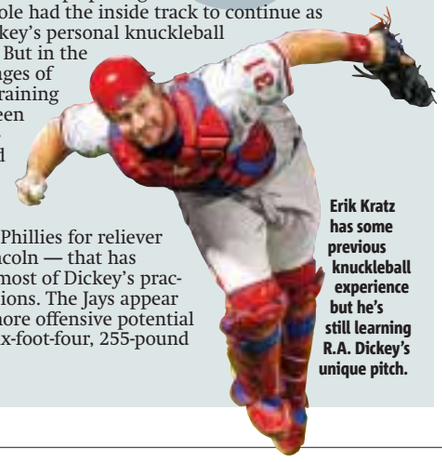
Anthony Gose has the greatest potential of all the organization's young outfield prospects, but he has yet to show he can hit consistently in the big leagues. He also can be optioned to the minors without clearing waivers. Sierra, meanwhile, is out of options. He's also right-handed (Gose is a lefty) and is currently the club's best option to platoon with the left-handed designated hitter, Adam Lind.

Moises Sierra, pictured, doesn't have near the upside of Anthony Gose, but he may be a better fit for the Jays' bench.

3 Backup catcher

Frontrunner: Erik Kratz
Contenders: Josh Thole

Prior to camp opening it looked as if the incumbent Thole had the inside track to continue as R.A. Dickey's personal knuckleball catcher. But in the early stages of spring training it has been Kratz — acquired from the Philadelphia Phillies for reliever Brad Lincoln — that has caught most of Dickey's practice sessions. The Jays appear to see more offensive potential in the six-foot-four, 255-pound Kratz.



Erik Kratz has some previous knuckleball experience but he's still learning R.A. Dickey's unique pitch.

4 Long relief

Frontrunners: Esmil Rogers, Jeremy Jeffress
Contenders: Todd Redmond, Luis Perez, Neil Wagner, Chad Jenkins

The back end of the Jays' bullpen is largely settled with Casey Janssen, Sergio Santos, Steve Delabar and Brett Cecil considered locks. Lefty Aaron Loup and Dustin Mcgowan — assuming he doesn't nab the fifth starter's spot — are safe bets to join them. That leaves just one or two spots available, depending on whether the Jays choose to open the season with a seven- or eight-man bullpen. Rogers, Redmond, McGowan, Perez and Jeffress are all out of minor-league options and would have to clear waivers before being sent down. The Jays won't be able to keep all of them.

Esmil Rogers started 20 games for the Blue Jays last season.

5 Second base

Frontrunner: Ryan Goins
Contenders: Maicer Izturis, Chris Getz, Munenori Kawasaki

Aside from starting pitching, the Jays' most glaring weakness last season was at second base, where Izturis and Emilio Bonifacio combined to be among the league's worst offensive and defensive players at the position. Goins impressed with his glove late last season but struggled at the plate, posting a paltry .264 on-base percentage in 34 games.

GM Alex Anthopoulos sought to acquire a more established second baseman this off-season but as it stands the job remains Ryan Goins' to lose.

NBA. Knicks point guard arraigned on 2 weapons possession charges

New York Knicks point guard Raymond Felton has been arraigned on two weapons possession charges after a lawyer for his wife turned in a loaded semi-automatic handgun to a Manhattan precinct.

Felton did not enter a plea in Manhattan Criminal Court on Tuesday following his early morning arrest at a stationhouse. He was released on $25,000 bail.

THE ASSOCIATED PRESS

Raymond Felton appears in criminal court on Tuesday in New York.

NEW YORK POST/THE ASSOCIATED PRESS

NBA

Collins grateful for support in return to hardwood

Jason Collins has received support from everyone from his teammates to Billie Jean King since becoming the first openly gay athlete to play in one of the United States' four major professional leagues.

Collins said Tuesday morning that he's received phone calls, texts and emails, as well as messages on Facebook and Twitter, and has been spending time "just trying to thank everyone for their support."

The seven-footer said one of the most meaningful messages was a text Monday night from King, the former tennis great.

"She just got back from Sochi. With all that's happening with the loss of her mother, she was great. It was really nice to hear from her. It was very meaningful and very much appreciated," Collins said.

Collins signed a 10-day contract on Sunday and played 10 scoreless minutes in a victory against the Los Angeles Lakers.

THE ASSOCIATED PRESS

NHL. Tavares doesn't regret playing in Sochi

John Tavares' opinion on NHL players participating in the Olympic Games hasn't changed even though his New York Islanders' season ended on the other side of the world while he was wearing the colours of Canada.

"It's obviously a tough situation," the injured Islanders captain said Tuesday following his return from the Sochi Games. "I certainly love playing for my country, and if I got the call again, I would."

The 23-year-old Tavares tore the MCL and meniscus in his left knee a week ago against Latvia. He missed the final two games of Canada's march to the gold medal.

THE ASSOCIATED PRESS

Quoted

"With this game, there is always that risk any time you step on the ice — the possibility of injury." John Tavares

Subaru's WRX appeal

PHOTOS: WHEELBASEMEDIA.COM

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Review. Who says sport cars need to have two doors and must be parked for the winter?

MALCOLM GUNN
wheelbasemedia.com

Compact sedans appeal to a buyer's practical nature. But in the WRX's case, the appeal includes a lively powerplant, four-season driving competency plus sporty suspension and steering components that effectively manage the snakiest of paved and unpaved roadways.

Subaru has made a name for itself providing all-wheel-drive family transportation, but that's just part of the story. Its more competitive side includes the rear-wheel drive BRZ sports car and a couple of turbocharged WRX-branded models with rally-racing pedigrees that makes performance fans salivate.

The 2015 WRX that arrives this spring receives the all-new treatment, but in the process sheds its hatchback option. That's a bit surprising since hot hatches are seemingly all the rage, but since its major competitor, the Mitsubishi Evolution, is strictly sedan-only, Subaru appears to have concluded that a matching sedan is the way to fly.

The WRX has also jettisoned its Impreza tie-in. Henceforth the WRX and the more potent WRX STI offshoot that arrives in updated form later this year will be treated as stand-alone models. While not as eye-catching as the WRX Concept that was revealed at the 2013 New York Auto Show, the production version adopts the cleaner lines of the Impreza, especially from the windshield forward.

Overall, the WRX gains an inch between the front and rear wheels and rear-seat legroom is up by two inches. Additionally, wider-opening rear doors allow easier access to the split-folding rear seat, while trunk space has been modestly increased.

Subaru has done a great job with the WRX's interior accommodations. There's a meaty flat-bottom tilt and telescopic steering wheel that fronts dual gauge pods. They're separated by a small display screen with gear selection, oil and washer-fluid indicators. A larger dash-mounted screen is linked to the standard backup camera and displays turbocharger boost and traction and climate control info.

It's connected to a new six-speed manual transmission (a replacement for the previous five-speed gearbox), while a continuously variable unit (CVT) with paddle shifters is available. This option might surprise WRX fans, but the real surprise is how it mimics a traditional multi-speed automatic. The CVT has six built-in steps when the driver switches to either Intelligent or Sport mode from a steering-wheel-mounted switch. There are eight ratios when the Sport Sharp mode is selected.

The WRX's chassis is now 41 per cent stiffer, with front and rear springs and a front anti-roll bar that have been similarly beefed-up. Larger-diameter front disc brakes also provide greater stopping power. The standard all-wheel-drive has a torque split of 50:50, front to rear, for manual-transmission cars and a 45:55 for CVT versions. Depending on traction, up to 100 per cent of the power can be directed to either axle.

For an estimated base price of $34,500, the WRX comes with lots of gear, but moving up to the Sport Package adds a sunroof, trunk spoiler, LED headlights and an eight-way power driver's seat. The loaded WRX Sport-tech Package includes all of the above content plus keyless push-button start, touch-screen navigation and a 440-watt Harmon Kardon audio system.

The more sophisticated WRX continues on its path of refinement, backed by enough power and agility to keep all aboard amused and secure. What more could you want in a four-season sports car?

2015 Subaru WRX

- **Type.** Four-door, all-wheel drive compact sedan
- **Engines (hp).** 2.0-litre DOHC H4 (268)
- **Transmissions.** Six-speed manual; continuously variable (CVT) opt.
- **Base price (incl. destination).** $34,500

Design

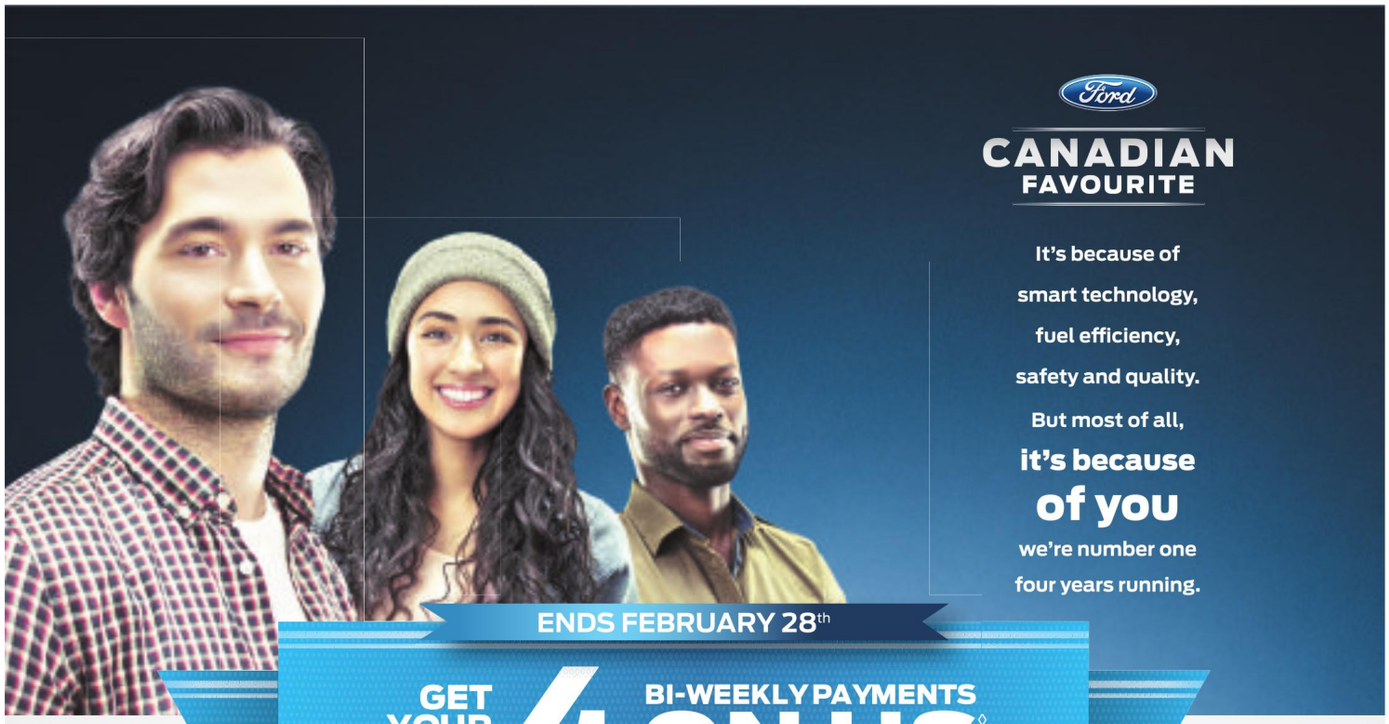
The bulging front and rear fenders, recessed hood-mounted air intake and optional rear spoiler (subtle when compared to the STI's massive wing) remain in evidence, but the whole package now appears better integrated with the rest of the body.

Engine

For 2015, a turbocharged 2.0-litre four-cylinder engine similar to that used in the Subaru Forester produces 268 horsepower and 258 pound-feet of torque. That compares to the previous WRX's 265/244 numbers.

5 DRIVE

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.



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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any GPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFP). ◊Until February 28, 2014, eligible purchase financing and lease customers will have the equivalent of their first four bi-weekly payments covered by Ford Motor Company of Canada, Limited up to a maximum amount per eligible vehicle (the "Offer"). The Offer applies to the first four bi-weekly payments on a new 2013/2014 Escape S, 2013/2014 Focus S and Fiesta S, $750 on 2013/2014 Focus ST and Fiesta ST, $1,250 on 2013/2014 Focus S and Fiesta S, $1,250 on 2013/2014 Focus Electric, $1,250 on 2013/2014 Escape SE and Titanium, $1,500 on 2013/2014 Escape SEL and Titanium, $1,750 on 2014 Escape SE and Titanium with 2.0L EcoBoost engine, $2,000 on 2013/2014 Escape SEL and Titanium with 2.0L EcoBoost engine, $2,000 on 2013/2014 Mustang (excluding Shelby GT500), Escape S, $2,250 on 2013/2014 F-150 Regular Cab, Super Cab and Super Crew, $2,500 on 2013/2014 Taurus, Flex and 2014 Escape SE and Titanium with 1.6L EcoBoost engine, $3,000 on 2013/2014 F-150 SVT Raptor, $3,500 on 2013/2014 F-150 Platinum, Limited, King Ranch and Lariat, $4,000 on 2013/2014 Expedition, 2014 F-250 to F-450 (excluding Chassis Cabs) - Diesel Engine/ 2013 F-150 Regular Cab (excluding XL, 4x2)/ 2013 Focus BEV, F-150 Super Cab and Super Crew, - all Raptor, GT500, BOSS302, and Medium Truck models excluded. Offer cannot be applied to purchase financing or lease agreements with a term longer than 84 months. Offer is not transferable to persons domiciled with an eligible Costco membership. Applicable taxes calculated before Offer is applied. Customer responsible for all applicable payments. Bi-weekly payments are required from customer. Finance customers will receive a cheque for the amount of their First 4 Bi-Weekly Payments from the dealer. For RCL customers, the first month's payment will be waived and they will receive a cheque for the amount of two bi-weekly payments according to the formula described above - customer will then be responsible for making all of his/her remaining scheduled payments in accordance with their contract. Offer not available to cash purchase customers. Not combinable with CFP, CPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowances incentives. ¤Until February 28, 2014, purchase a new 2014 Escape S FWD/2014 Fusion S / 2014 F-150 XLT SuperCrew 4x4/ 2013 F-150 SuperCrew Platinum 4x4 5.0L or 5.0L or $17,428/$25,318/$23,798 / $33,368/$48,080 (after Manufacturer Rebate of ($0/$500/ $0/ $8,000/ $10,000) deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. ††Until February 28, 2014, receive 0% APR purchase financing on new 2013 Edge (excluding SD) models for up to 48 months, 2013 Fusion, Taurus, Flex and 2014 Taurus and Escape models for up to 60 months, and 2013/2014 Ford Focus (excluding BEV) and Fiesta models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/ $416.66/ $347.22; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment may be required based on approved credit from Ford Credit. †Until February 28, 2014, receive $500/ $1,000/ $1,500/ $2,000 / $2,250 / $3,000 / $4,000 / $4,500 / $5,500/ $7,000 / $8,000/ $8,500/ $9,000/ $10,000 in Manufacturer Rebates on 2013/2014 Escape S, 2013/2014 Focus S and Fiesta S, 2013/2014 Focus ST and Fiesta ST, 2013/2014 Focus Electric, 2013/2014 Escape SE and Titanium, 2013/2014 Escape SEL and Titanium, 2013/2014 Mustang (excluding Shelby GT500), Escape S, 2013/2014 F-150 Regular Cab, Super Cab and Super Crew, 2013/2014 Taurus, Flex and 2014 Escape SE and Titanium with 1.6L EcoBoost engine, 2013/2014 Expedition, 2014 F-250 to F-450 (excluding Chassis Cabs) - Gas Engine/ 2014 F-150 Regular Cab (excluding XL, 4x2)/ 2013 Focus BEV, F-150 Super Cab and Super Crew, - all Raptor, GT500, BOSS302, and Medium Truck models excluded. ‡‡Estimated fuel consumption ratings for the 2014 Focus 2.0L I4 5-Speed Manual, 2013 Fusion FWD 1.6L 6-Speed Manual, 2014 Escape 2.5L I4 6-Speed Automatic, 2013 F-150 4x4 5.0L – V8 6-Speed SST, 15.1L/100 km city and 10.7L/100 km hwy. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ‡Offer only valid from February 1, 2014 to February 28, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before January 31, 2014 who purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, and Medium Truck) vehicle (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before CAD$1,000 offer is deducted. ®- Registered Trademark of Price Costco International, Inc., used under license. ^Claim based on analysis by Ford of Polk global new registration for CY2012 for a single nameplate vehicle excludes rebadged vehicles, platform derivatives or other vehicle nameplate versions. ^Based on year-end 2010, 2011, 2012 and 2013 total sales figures for light vehicles in Canada from Beechboxes Automotive Consultants Inc. (and Canadian Vehicle Manufacturers' Association data exchanged by OEMs). ¹Based on R.L. Polk Canada, Inc., Total New Registration data for Full Size Pickups per Ford Segmentation as of YTD December 30, 2013. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, Channel Names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

Horoscopes

♈ Aries
March 21 - April 20
You may be anxious to see progress but if you take a risk too many, you could take a rather big step in the wrong direction. If you do, there is no point rebuking yourself. It happens sometimes.

♉ Taurus
April 21 - May 21
You seem to be putting off something you know you will enjoy. Whatever the reason, you need to get started on it soon. Don't worry that there may be an element of risk.

♊ Gemini
May 22 - June 21
Everyone at some time or another wishes they could go back and undo what they have done. With that in mind, don't be too hard on yourself if you realize you could have done more or done better.

♋ Cancer
June 22 - July 23
Even the experts get it wrong and if your hunches tell you that someone in a position of influence does not know what they are talking about, then by all means ignore any advice they give you.

♌ Leo
July 24 - Aug. 23
Be careful you don't get swept and end up doing things you might later regret. It's rarely a good idea to follow the herd and someone with your enquiring mind has no need to let others think for them.

♍ Virgo
Aug. 24 - Sept. 23
Patience is a must today because if you act impulsively you will lose out. You may be frustrated that something you are working on isn't progressing as quickly as you would like but what's the rush?

♎ Libra
Sept. 24 - Oct. 23
It would be nice if you could solve all the world's problems, but be realistic: You can't come close. What you can do is join with those who share your views and aim to change one specific thing for the better.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger that what you say over the next 24 hours will be taken the wrong way and used against you in the future. Misunderstandings can be costly, so spell out what you mean in plain language.

♐ Sagittarius
Nov. 23 - Dec. 21
If you need help, speak up. You have helped others out so many times in the past that they will go out of their way to help you in return, but they can't do that unless they know you are hurting.

♑ Capricorn
Dec. 22 - Jan. 20
You don't mind taking chances but with Jupiter in your opposite sign at odds with Uranus, planet of the unexpected. Today, it might be better to play safe. There is no such thing as a sure thing.

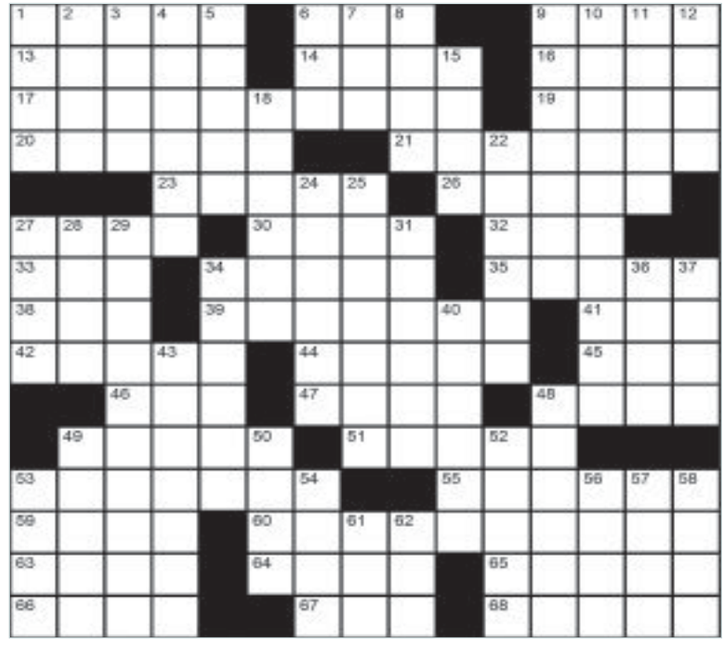
♒ Aquarius
Jan. 21 - Feb. 19
You want to do something for people who are less well off than you. That's noble but don't throw money at the first good cause that comes along. Get involved in a project that will make a lasting difference.

♓ Pisces
Feb. 20 - March 20
With Jupiter and Uranus at odds today, any decision you make is likely to have unforeseen consequences. Leave thing alone for the next 24 hours. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

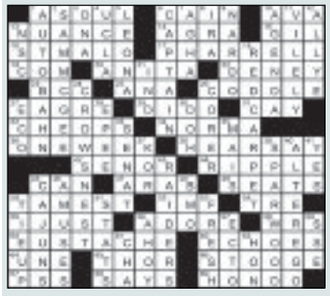
BY KELLY ANN BUCHANAN



Across
1. Vancouver stadium, BC __
6. Conrad __ (Actor on Bravo's set-in-Montreal police drama "19-2")
9. Nunavut: King William Island settlement, __ Haven
13. U2's drummer
14. Verdi opera
16. 'Exfol' ending
17. Best Picture winner directed by Clint Eastwood
19. X-__ knife
20. Add earth again
21. Have, as pretzels: 2 wds.
23. Type of religious belief
26. Declares
27. Zigs pals
30. Catriona Le May __
32. US docs' org.
33. Bread's "Baby __-_ Want You"
34. Sierra __
35. "Royals" singer
38. __'easter
39. Chrysler Building's style: 2 wds.
41. Fresh
42. Certain chamber
44. __ __ stock (Was available)
45. Ms. Gabor
46. Gladiator's 151
47. European erupter
48. Press
49. West or East, in Canada
51. Footnote abbr. meaning 'and the following' in Latin: 2 wds.
53. Extinct culture of Newfoundland
55. "Downtown" singer Ms. Clark
59. Dog food brand
60. Adhesive kind: 2 wds.
63. Jazzy Ms. Laine
64. "Who knows?" = "Qui __?" en francais
65. "_ __ a Message" by INXS
66. 'Life Is Peachy' band
67. Bigger sizes, e.g.
68. __ humains (Human beings, in French)

Down
1. Not singular [abbr.]
2. Street for Lois?
3. Pound sounds
4. 2014 Best Animated Feature nominee, "The __"
5. Hawk's habitation, variantly
6. Gambling game, __ Gow
7. Ms. Ullmann
8. Citrus coolers
9. Opera composer Mr. Puccini
10. Movie bigwig (b.1892 - d.1978) from London, ON who formed a still-existing-today movie studio with his brothers: 2 wds.
11. Mr. Preminger's
12. "__ Flux" (2005)
15. Ms. Faris
18. Sailplane
22. Newfoundland: __ Peninsula
24. Comfort
25. Authorization
27. Multivitamin mineral
28. Love: Spanish
29. "High Noon" (1952) star who won Best Actor: 2 wds.
31. "You __ bother."
34. On the tardy side
36. "Whip It" band
37. Mr. McGregor
40. The Company operative: acr. + wd.
43. Oliver Stone's Best Director war movie
48. Smartness meas.: 2 wds.
49. Stringed instrument
50. Wed's predecessor
52. Spooky
53. Not front
54. 2001 planetary Kevin Spacey flick
56. Addict
57. Queue
58. Ets equivalents
61. Lubricate
62. Cadillac's lettered sedan

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	4	5	7	9	2	6	3	1
1	6	3	5	8	4	7	9	2
9	2	7	1	6	3	5	8	4
5	1	4	8	3	7	2	6	9
3	6	9	2	4	5	8	1	7
7	8	2	9	6	1	3	4	5
8	9	5	4	7	6	1	2	3
4	3	1	6	2	8	9	7	6
2	7	6	3	1	9	4	5	8

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